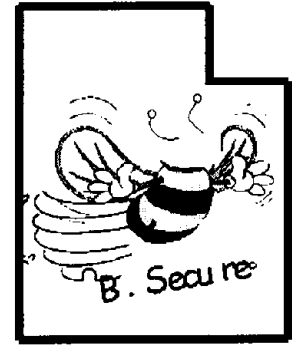


## Don't Lose Your Head in A Crisis

Sometimes in the flurry of today's world the hive gets bumped around and everyone starts to run around and buzz about. They can even leave in a huff and chase anything that moves. I noticed the same thing when a big wind came around recently, lots of chaos.

So often when faced with a crisis our response can blow it up even more. Common sense for some flies away, while for others peace and calm are the response. Why the difference.....preparation is one answer.



We can become prepared in many ways. One way is by pretending that trouble is here now and figuring out what we need to do to be safe. It might also mean facing our fears and overcoming them before they happen. Another good way to be prepared is by being trained for a situation. If we know how to handle a problem we will not have to think about it, we will just handle it. The state even offers emergency responders training. The next class will be on November 3<sup>rd</sup> if enough interest is available. You can contact Joyce Grygla 801-538-1480. Think about it do we want to be prepared or be victims of chaos?

Lots of times we sit back and wait for others to do things for us. It reminds me of my friends the ant and grasshopper. While the ant prepared for the winter, the grasshopper was lazy and did nothing. When winter came the ant could survive while the grasshopper was hungry and cold. I think there might be something to be learned from them.

Remember though not all crises are natural disasters. Some can be man made. Look at the recent shootings. It might take several hours for help to safely reach us. Are we prepared to stay quiet and hidden for hours? Do we know how to keep the situation in check for our own safety?

There are important things to remember when facing violence.

- ▶ The first one is to remain calm, running and screaming might make the suspect panic.
- ▶ Another one is to buy time. Remember that help is on the way.
- ▶ Don't focus on the weapon. It is hard but remember that the person is going to use the weapon. Usually they will tip you off on when they are going to use it. If we are concentrating on it, we might miss a valuable clue in their actions or words.

One thing to remember is to be a good listener. Sometimes the person might come and talk to you before there is trouble. Experts feel that 90% of the time listening with empathy can actually de-escalate a situation. Remember that rushing an armed person is always dangerous and should be used only as a last resort.

Well I guess that is enough talk of disasters and violence. I hope that we can all get prepared for whatever we might have to face. When we are done, we can sit back and know that we not only did all we could, but made it out safe and sound. Until next month remember, be safe, be smart and B. Secure.